

Lent Lunch

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup & Bread	Tomato & basil	Cream of vegetable	Leek & potato	Broccoli & blue cheese	White onion & thyme	Curried cauliflower
Main course 1	Classic lasagne served with garlic bread	Pork chop with a mustard and leek sauce	Cumberland sausages with Yorkshires & red wine gravy	Honey roast gammon	Crispy battered fish	Loaded Burgers
Main course 2	Tikka marinated chicken thighs served with spiced onion & tomato salad with minted yoghurt	Chicken Korma with Pilaf rice, mini Poppadums & mango chutney	Baked meatball spaghetti in a tomato sauce	Blackened Cajun chicken drumsticks	Pulled pork bap	Sliced cheese Gherkins Onions
Vegetarian Main course	Feta & baked sweet potato	Curried quorn mince filo pie	Aubergine lasagne with roast chickpeas & garlic bread	Spinach & cream cheese roulade with roast red pepper sauce	Cheesy spinach & pesto flatbreads	Enchiladas
On the side	Oven-baked potato wedges Mini corn on the cob Lemon-glazed green beans	Parmentier potato Stir-fried broccoli with red pepper Roasted butternut squash	Creamed potato Carrots Green beans	Roast potatoes Cauliflower cheese Savoy cabbage Carrots	Triple-cooked chips Minty smashed peas Buttered peas Rice	Baked potato wedges Chilli-roasted corn on the cob
Pasta & Jacket Bar	Selection of sauces, pasta, & fresh garlic bread, baked potatoes, grated cheese & beans	Selection of sauces, pasta, & fresh garlic bread, baked potatoes, grated cheese & beans	Selection of sauces, pasta, & fresh garlic bread, baked potatoes, grated cheese & beans	Selection of sauces, pasta, & fresh garlic bread, baked potatoes, grated cheese & beans	Selection of sauces, pasta, & fresh garlic bread, baked potatoes, grated cheese & beans	Selection of sauces, pasta, & fresh garlic bread, baked potatoes, grated cheese & beans
Hot Dessert	Apple & raspberry crumble with custard sauce	Baked rice pudding	Chocolate marble cake with chocolate sauce	Eve's pudding with custard sauce	Bread & butter pudding with custard sauce	Madeira sponge with custard sauce
Cold Desserts	Shrewsbury Mess Chocolate chip cookies	White chocolate & lemon curd pots Shrewsbury biscuits	Chocolate mousse Flapjacks	Salted caramel popcorn pots Blueberry muffins	Lemon posset Protein balls	Passion fruit syllabub Chocolate brownies
Fresh Fruit	Orange flesh melon & Green apples	Water melon & plums	Pineapples & satsumas	Green flesh melon & red apples	Oranges & green grapes	Honeydew & plums

Lent Lunch

<i>Week 2</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>Soup & Bread</i>	Tomato & chilli	Curried parsnip	Celeriac & apple	Sweet potato & butternut squash	Mushroom soup	Pea & mint
<i>Main course 1</i>	Turkish spiced lamb mince "Lahmacun" pitta bread	Tandoori chicken with mini naans, pickles & raita	Mexican pork carnita tacos with guacamole, sour cream & pico de gallo	Roast loin of Pork Bramley apple sauce	Crispy battered fish	Turkey Thai red curry
<i>Main course 2</i>	Chicken Parmigiana	Cottage pie	Thyme-roasted chicken legs	Crispy shredded chicken sweet & sour	Chicken & mushroom Scotch pie	
<i>Vegetarian Main course</i>	Stuffed butternut squash with crunchy vegetable granola	Spinach, potato & cauliflower pasty	Mediterranean vegetable pancake stack with spiced chunky tomato sauce	Potato gnocchi bake with aubergine, roast peppers and caramelized onions	Vegetable risotto	Spicy vegetable quesdilla with guacamole and tomato salsa
<i>On the side</i>	Roast broccoli Roast new potatoes Buttered sweetcorn	Steamed baby new potatoes Medley of roasted vegetables Sautéed kale, white onion & garlic	Piri piri wedges Green beans Mexican sweetcorn	Roasted potatoes Cauliflower cheese Firecracker noodles Vegetable medley	Triple-cooked chips Minty smashed peas Buttered peas	Green vegetable medley Braised rice Madras roasted cauliflower
<i>Pasta & Jacket Bar</i>	Selection of sauces, pasta, & fresh garlic bread, baked potatoes, grated cheese & beans	Selection of sauces, pasta, & fresh garlic bread, baked potatoes, grated cheese & beans	Selection of sauces, pasta, & fresh garlic bread, baked potatoes, grated cheese & beans	Selection of sauces, pasta, & fresh garlic bread, baked potatoes, grated cheese & beans	Selection of sauces, pasta, & fresh garlic bread, baked potatoes, grated cheese & beans	Selection of sauces, pasta, & fresh garlic bread, baked potatoes, grated cheese & beans
<i>Hot Dessert</i>	Spiced banana & sultana bread	Toffee apple pie	Sticky toffee pudding	Pear & ginger crumble with custard sauce	Baked rice pudding	Bread & butter pudding
<i>Cold Dessert</i>	Shrewsbury Mess Chocolate chip cookies	White chocolate & lemon pots Shrewsbury biscuits	Chocolate mousse Flapjacks	Salted caramel popcorn pots Blueberry muffins	Lemon posset Protein balls	Passion fruit syllabub Chocolate brownies
<i>Fresh Fruit</i>	Orange flesh melon & Green apples	Water melon & plums	Pineapples & satsumas	Green flesh melon & red apples	Oranges & green grapes	Honeydew & plums

Lent Lunch

<i>Week 3</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>Soup & Bread</i>	Carrot & coriander	Red lentil, sweet potato & coconut	Pumpkin & ginger	Mushroom soup	Tomato & red pepper	Pea & mint
<i>Main course 1</i>	Malaysian chicken	Cumberland sausage Yorkshire pudding Red onion gravy	Chilli con carne	Thyme-roasted chicken with sage & onion stuffing	Crispy battered fish	Crispy shredded beef with noodles & stir fry vegetables
<i>Main course 2</i>	Breaded pork escalope with lemon & thyme	"One-Pot Hunter's Chicken" Chicken & bacon in a tomato & BBQ sauce with a crunchy tortilla & melted cheese top	Jerk chicken wraps with chunky pineapple coleslaw	Smoked mackerel with spinach, avocado, new potato & orange salad	Jerk chicken on a ciabatta roll	
<i>Vegetarian main course</i>	Stuffed tandoori Quorn naan	Spinach, tomato & aubergine lasagne with garlic bread	Spinach tostada with Quorn & guacamole Sauce	BBQ tempeh with pak choi & sesame	Butter bean ragu with spring onion relish & crispy spinach	Vegetable stir fry
<i>On the side</i>	Parmentier potatoes Steamed greens with toasted caraway Piri piri roasted cauliflower	Mashed potato Steamed broccoli Sweetcorn Rice	Brown rice Grilled courgette with garlic Roast carrots	Roast potatoes Green beans Chunky baked swede	Triple cooked chips Minty smashed peas Buttered peas	Sautéed kale, prawn crackers and egg fried rice
<i>Pasta & Jacket Bar</i>	Selection of sauces, pasta, & fresh garlic bread, baked potatoes, grated cheese & beans	Selection of sauces, pasta, & fresh garlic bread, baked potatoes, grated cheese & beans	Selection of sauces, pasta, & fresh garlic bread, baked potatoes, grated cheese & beans	Selection of sauces, pasta, & fresh garlic bread, baked potatoes, grated cheese & beans	Selection of sauces, pasta, & fresh garlic bread, baked potatoes, grated cheese & beans	Selection of sauces, pasta, & fresh garlic bread, baked potatoes, grated cheese & beans
<i>Hot Dessert</i>	White chocolate & raspberry sponge	Bread & butter pudding	Apple & sultana strudel	Fruits of the forest crumble with custard sauce	Baked rice pudding	Sticky toffee pudding
<i>Cold Dessert</i>	Shrewsbury Mess Chocolate chip cookies	White chocolate & lemon Shrewsbury biscuits	Chocolate mousse Flapjacks	Salted caramel popcorn pots Blueberry muffins	Lemon posset Protein balls	Passion fruit syllabub Chocolate brownies
<i>Fresh Fruit</i>	Orange flesh melon & Green apples	Water melon & plums	Pineapples & satsumas	Green flesh melon & red apples	Oranges & green grapes	Honeydew & plums